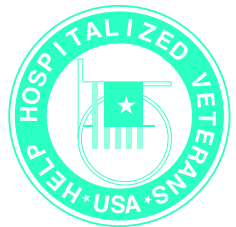
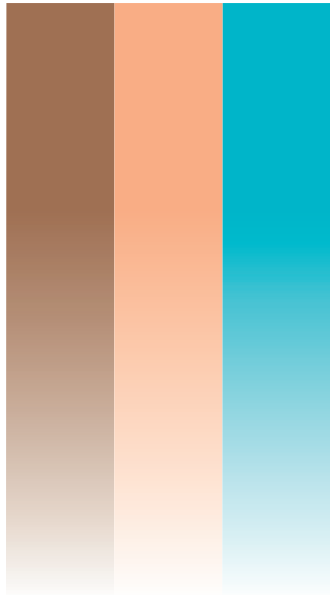




PRESOTT
ARIZONA
2001
NATIONAL
VETERANS
CREATIVE ARTS
FESTIVAL

OCTOBER 15-22
HOSTED BY
THE NORTHERN ARIZONA
VA HEALTH CARE SYSTEM



arts•gram

A Daily
Production of the
National Veterans
Creative Arts
Festival

Sunday, October 21

Words Painting Pictures - Quotes from our Stars!



"Arts are probably the front line of therapy. For me, when I sing, I feel good. And when I feel good, I can heal." —Paul Boruff, Salt Lake City, UT

"I'm not as dexterous as when I was younger, however I'm a better artist because every piece has more meaning...I'm more appreciative." —Odell Brown, Minneapolis, MN

"To have my artwork included with the artwork of other veterans from around the country is quite an honor." —Ed Dunwiddie, Columbia, MO

"Music is my favorite therapy. I feel very honored to have won this competition. Winning is healing. The higher power is so evident in this song that it lifts my spirit." —George Simmons, Holladay, UT



"Sculpting wood provides me with the greatest therapy there is. I know, and I want people to know, that Vietnam veterans are very talented people who served America with duty, honor and courage." —Stephen "Doc" Gleason, Gladewater, TX

"Some people think that a disabled person has nothing to contribute to the society in which he or she lives. The truth is that we have much to contribute, and I hope people will see that in my performance." —James Sterrett-Bryant, Van Nuys, CA

Continued on page 2 ...

Words Painting Pictures - Quotes from our Stars! ...continued from front page



"Last year, I thought it was a once-in-a-lifetime thrill to win. This year is a miracle! My guardian angel had to be sitting on my shoulder the day of the taping of my entry." —*Vivian Eagon, Charlton, NY*

"Before I came to the VA hospital, I tried to kill myself. I lost my home, my job and my family. I called a VA counselor and told her I was through with life and she was my last hope. Thank God for the VA...I am now in the Temple VA band, choir and Dom patient advisory council. Music is now my life." —*Donny Crume, Temple, TX*

"I feel very blessed and fulfilled to have won this competition and to be here...my painting is extremely special to me because it was done while I was hospitalized. I am in deep debt to HHV." —*Sarah Eum, Honolulu, HI*

"Art gives me a purpose on earth. It is a force within me and helps me escape my problems, yet also makes me view them in new and different ways." —*Richard Goenne, West Haven, CT*

Nosey Notes

by Spilzie Beans

This is the part of the Festival I like least...the end. Spilzie has really enjoyed spying on you this week. I've seen great talent, friendships bloom, mass quantities of food consumed,

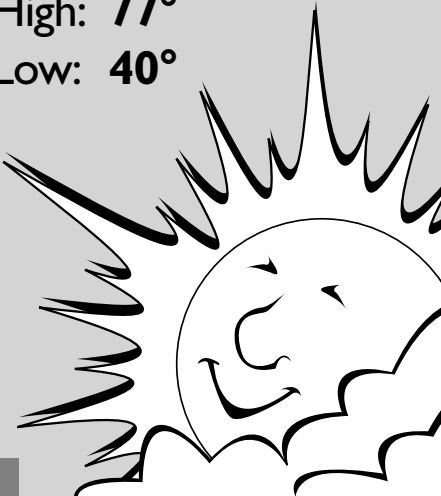
and fun had by all. Thank you for all your juicy tidbits of gossip. It's what I live for. Here's wishing you all a safe trip home. May the creative force be with you.

Love & hugs, Spilzie Beans



Weather Corner

Today:
Sunny, Partly Cloudy
High: **77°**
Low: **40°**



Need to Know...

Travel: Stop in the host room to find out what time your bus leaves on Monday. Call your airlines to make sure the times have not changed.

Don't forget, breakfast starts at 6am tomorrow morning.

Want more on the this year's Festival? Check out: <http://www.va.gov/vetevent/CAF> for issues of the Arts*gram, artist profiles, photos and more!

Memorization Tips

The chorus members need to memorize a large amount of material. Here is a few ways to help:

1. Repeat the information in short pieces. Repeating all of the information, no matter how many times, won't help in lodging the info into your noggin.
2. Try repeating the information out loud.
3. Write the information on a piece of paper several times.

The chorus members hope these little tips will help other participants in the future.

Show Notes from the Director's Chair

By Paul Dieke

What to Do the Last Minute

This is it! This is the day we've been looking forward to — our Festival performance. We've worked hard and it will be a wonderful success!

Last Minute Hints:

1. Got everything? Before you get on the bus to go to the theater, make sure you have everything you need. Make a pile of those things you want to take along, and add items as you think of them. They will be all together when it's time to go the bus.

2. Last minute rehearsal. Run through your act in your room or rehearsal area, to remember all of the little details.

3. Be quiet and relax. Use the morning to rest so you can "explode with energy" when you hit the stage.

4. At the theater, don't talk loudly and wear your voice out. Stay cool and calm!

5. Just before your solo act, take slow deep breaths. Focus your mind on your entrance and the first part of your performance.

6. Smile all the time you are on stage.

7. Find that extra ounce of pizzazz you've been storing up. Use it now!

8. When you finish, look pleased at the audience's response and acknowledge your applause with style.

Aspire to Achieve

I had a high school teacher who used to say, "If you don't aspire, you won't achieve." He meant that if you don't have a burning desire inside to do a good job, you probably won't do a good job. On the other hand, if you are consumed with wanting to do your best, you most likely will.

It is inspiring to me to see you discover what the show needs from you to succeed, and then watch as you do everything possible to give a great performance. Each person is committed to the show. There is so much great dedication and talent. Our success this afternoon is guaranteed!

As they say, "Break a Leg!"

Weaving Her Own Peace

By Laura Bishop, Tomah, WI

"Peace" is the first art project Marcia Satterfield, an Army veteran from Topeka, Kansas, ever made. While hospitalized at the VA for depression, she was encouraged to try occupational therapy. Her first task was to make a rug on the weaving loom. With a herniated disc in her back and a pinched nerve in her arm, Marcia wondered how she could work the pedals on the loom and do the back-and-forth work with her arm.

"I thought I was going to be terrible," she said. But she tried anyway. "I started working on it and by the time my hour was up, I had no pain. I felt good. At the loom, you can't think about what's bothering you because you have to concentrate on what you're doing. That was one of the reasons I call the rug 'Peace' — because it gave me peace. When you

work on the loom, it's just you and the loom."

Even though Marcia lives 55 miles from the VA, she continued to attend occupational therapy appointments after her discharge. By the time she'd arrive at the hospital, she'd be stressed out from the traffic. "But I'd get there on the loom and I'd start going back and forth and before you know it, I didn't have time to think about all my trials and tribulations."

Marcia is a giving person but her doctor told her she also needed to give back to herself. Marcia remembered the doctor's words: "You can't be a caregiver if you don't take care of yourself." Working on the loom is her way of taking care of herself.

There is a special bond among veterans, according to Marcia. "The

time spent serving never leaves. You can have a conversation with another veteran and they'll understand what you're talking about."

It's clear that Marcia loves the Festival. "Here we are again with people we've never met before but we're veterans — it's like we just clicked and it's a learning experience," she said. "You see paraplegics and people who are paralyzed on one side and they're doing all this stuff and I think, 'I guess I don't have it that bad.' It gives you the energy to just try harder the next time."

Marcia is already thinking ahead to next year. When she returns to her home in Kansas, she'll leave a piece of herself with us. For her, there will be peace in her heart.

National Veterans Creative Arts Festival Schedule Sunday, October 21

Performer's Schedule	6am	Artist's Schedule
	7	
8:30-11:30am ● Brunch at hotel - Goldwater Ballroom	8	8:30-11:30am ● Brunch at hotel - Goldwater Ballroom
8:30am ● Depart for Protestant Service/Catholic Mass at VAMC	9	8:30am ● Depart for Protestant Service/Catholic Mass at VAMC
	10	
10am ● Return to Hotel	11	10am ● Return to Hotel
11am ● Team leader meeting - Prescott/Chino Rooms	Noon	11am ● Team leader meeting - Clarkdale Room
11:30am ● Team leaders meet with participants		11:30am ● Team leaders meet with participants
Noon ● Depart for Yavapai College	1pm	Noon ● Depart for Yavapai College
12:15-12:45pm ● Ensemble Warm-up on stage-All performers		1-1:45pm ● Artist at exhibit to discuss their work with audience members
12:45-1:45pm ● Performers prepare for show; costumes, make-up	2	2-4:30pm ● Stage show at Yavapai Collge Performance Hall
2-4:30pm ● Stage show at Yavapai Collge Performance Hall	3	
	4	
4:30-5:30pm ● Reception at theater	5	4:30-5:30pm ● Reception at theater
5:30pm ● Depart for Hotel	6	5:30pm ● Depart for Hotel
	7	
7pm ● Celebration Dinner and closing ceremonies at hotel - Goldwater Ballroom	8	7pm ● Celebration Dinner and closing ceremonies at hotel - Goldwater Ballroom
	9	
9:30pm ● Social time, dancing at hotel Goldwater Ballroom	10	9:30pm ● Social time, dancing at hotel Goldwater Ballroom
	11	

Today's Menu



Closing Celebration Dinner

Blackened Halibut w/Melon & Jicama Relish
 Beef Tenderloin w/Minted Corn & Pepper Salsa
 Sonoran Chicken w/Chili Cilantro Cream
 Chipolte Marinated Vegetable Kabobs
 Black Bean & Rice Pancakes
 Green Salad w/ Dressing
 Fruit Salad w/Prickly Pear Yogurt
 Assorted Desserts
 Beverages

Tomorrow's Breakfast

Scrambled Eggs
 Breakfast Meats
 Breakfast Breads
 Cereal
 Milk and Juice
 Hot Beverages